



ACEs and ARBs

Recent editorials have suggested ACEs/ARBs may theoretically increase susceptibility to COVID-19 infections. This is based on the notion that ARBs, and to a lesser degree, ACEs, increase levels of ACE-2 receptors. The authors hypothesize that an increase in ACE-2 receptors, which is believed to be the entry point of the COVID-19 virus, may lead to a worse prognosis. This theory overlooks the established impact of underlying cardiovascular conditions on disease severity.

Cardiovascular disease is an established risk factor for complications secondary to COVID-19 infections. However, ***there is no clinical or scientific evidence to show ACEs/ARBs independently increase risk among patients with cardiovascular disease.*** In response to these concerns, multiple professional societies, including the ACP, have issued statements advising against discontinuing ACEs/ARBs due to the lack of evidence supporting a differential risk of infection with these agents.

NSAIDs

Tweeted recommendations from France's Health Minister have raised concerns that NSAID use may worsen COVID-19 infections. The recommendation to avoid NSAID use in COVID-19 patients is based on observational reports of ICU patients in France as well as the potential for NSAIDs to increase ACE-2 receptors.

There is little known about the patients included in this report. It remains unclear if NSAID-induced AKI contributed to poor outcomes. The dose and chronicity of NSAID use among this population is also unspecified. At present, ***there is no clear evidence to support the notion that NSAIDs worsen outcomes in COVID-19 patients. Nevertheless, acetaminophen lacks the GI and renal concerns associated with NSAIDs and remains an alternative for patients experiencing flu-like symptoms.***

Steroids

Current evidence and society ***recommendations do not support prophylactically discontinuing inhaled/oral steroids. Discontinuation of or reductions in the dose of oral steroids should each be evaluated on a case-by-case basis.***

Patients who need to remain on oral steroid therapy should take extra precautions by following the CDC's recommendations for risk reduction available at: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>.